

**IN THE CLAIMS:**

Claim 1 (currently amended): Apparatus for training the human body, or training device, characterized by comprising: an arched sheet-form sheet element (1) having a largely substantially rectangular outline, the arch or curve of the sheet element enclosing an angle of at least approximately 30°, the surface of a convex side (4) of the sheet element being provided with a damping layer comprised of an elastomeric material or another suitable natural damping substance or a polymer, and a concave side (3) of the sheet element being slip-resistant.

Claim 2 (original): Apparatus as claimed in claim 1, characterized in that the arch or curve is at least nearly uniform, and the element has approximately the same thickness or wall thickness all over.

Claim 3 (currently amended): Apparatus as claimed in claim 1, characterized in that the arch or curve encloses an angle of approximately 30 - 180°, preferably approximately 60 - 100°.

Claim 4 (currently amended): Apparatus as claimed in claim 1, characterized in that the length of the element (1) along the bent edge (2) is approximately 60 - 120 cm, preferably approximately 70 - 90 cm, and that the width is approximately 40 - 80 cm, preferably approximately 45 - 60 cm and the thickness of the element is approximately 1.5 - 4 cm, or preferably 1.5 - 2.5 cm.

Claim 5 (currently amended): Apparatus as claimed in claim 1, characterized in that the element is at least nearly dimensionally stable, and is fabricated of wood, a polymeric material, ~~such as a reinforced polymer, or of a light metal, such as for example aluminum;~~ and the edges are ~~preferably~~ rounded on all sides.

Claim 6 (currently amended): Apparatus as claimed in claim 1, characterized in that the element is slightly elastic and is fabricated of a correspondingly slightly elastic wood or a correspondingly slightly elastic polymer, and all edges on all sides are ~~preferably~~ rounded.

Claim 7 (previously presented): Apparatus as claimed in claim 1, characterized in that the angle enclosed by the arch or curve is approximately 90°, the length of the bent edge (2) is approximately 80 cm, the width approximately 50 cm and the thickness of the element is approximately 2 cm.

Claim 8 (previously presented): Apparatus as claimed in claim 1, characterized in that the arch or curve is circular, oval or elliptical.

Claim 9 (canceled).

Claim 10 (currently amended): Apparatus as claimed in claim 1, characterized in that on the element grip handles (6), or holes (7) ~~and the like~~ are provided.

Claim 11 (currently amended): Method for the production of an apparatus as claimed in claim 1, characterized in that a substantially rectangular plate of wood, a polymeric material or of a light metal, ~~such as aluminum~~, is bent into the appropriate form.

Claim 12 (new): Apparatus as claimed in claim 1, wherein the sheet element includes terminal support edges (9) each with a non-slip edge protection (8).